Parmesan Crusted Chicken

Parmesan-style crusted chicken uses thin cutlets with an egg-and-panko coating enriched with grated hard cheese. Shallow-fry in batches and drain on a rack to keep the crust crisp.



Prep	Cook	Additional	Total	Servings
20 min	16 min	3 min	39 min	4

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1/4 cup flour / 30 g
- 2 eggs, beaten
- 3/4 cup panko breadcrumbs / 45 g
- 1/2 cup finely grated vegetarian Parmesan-style hard cheese / 45 g
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons neutral cooking oil / 45 ml

Instructions

1. Flatten cutlets to 1/4 inch (6 mm), pat dry and season with salt and pepper.

2. Set out flour, eggs, and a mixture of panko, cheese and garlic powder in three separate dishes.

3. Coat chicken in flour, egg and crumbs in order, shaking away excess between stages.

4. Heat oil over medium heat and shallow-fry in batches about 3 to 4 minutes per side, checking each cutlet from the edge for 165°F (74°C).

5. Rest on a clean rack for 3 minutes. Discard breading ingredients that touched raw chicken.

Time, Temperature & Doneness

Cook every chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large pieces for diced chicken or wings. Reheated chicken mixtures and casseroles must reach 165°F (74°C) in the center. Color and stated times are not reliable safety substitutes.

Ingredient Notes & Substitutions

Cheese: Use a vegetarian hard cheese if required.

Thickness: Thin cutlets protect the cheese from scorching.

Oil: Listed amount is for frying, not absorbed nutrition.

Tips for Success

Use medium heat.

Press crumbs on lightly.

Drain on a rack.

Common Mistakes to Avoid

Frying on maximum heat.

Stacking hot cutlets.

Reusing raw egg wash.

Recipe Variations

Baked: Bake coated cutlets at 425°F (220°C) to 165°F (74°C).

Gluten-free: Use suitable flour and panko.

Serving Suggestions

Serve crusted cutlets immediately with a separate salad; keep sauce off the coating until eating.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. When starting with cooked chicken or rice, use the oldest ingredient’s original storage deadline; reheating does not restart it.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer but texture declines.

Reheating

Reheat cutlets on an oven-safe rack at 350°F (175°C) until their centers reach 165°F (74°C). Microwave reheating softens the crust. Warm sauce separately where possible.

Frequently Asked Questions

Does it need marinara?
No; this crusted-chicken version has no tomato sauce.

Why is cheese burning?
Heat may be too high or cutlets too thick.

Can I use pre-grated cheese?
It may coat less evenly; finely grated block cheese is preferable.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - baked cutlet and cheese-topping reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill